

# at 11:00 a.m. on the 4th and on every Monday, Tuesday, Wednesday  
0 11 4 \* mon-wed date

# 4:00 a.m. on January 1st  
5 0 4 1 jan \* date

While the preferred embodiment and various alternative embodiments of the invention have been disclosed and described in detail herein, it will be apparent to those skilled in the art that various changes in form and detail may be made therein without departing from the spirit and scope thereof.